

THE LANE LINE

THE NEWSLETTER OF DELAWARE VALLEY MASTERS SWIMMING

WINTER 2006

www.dvmasters.org



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THE CHAIRMAN'S MESSAGE: STEVE KELLY

It's March Madness..and it's time to kick it up a notch with your training. The pool competition gets busy with three meets within the DV region during March. Our gracious hosts, LBY, SSC and VU, have provided you the motivation to stay fit and the opportunity to compete. The pool competition extends right into April with the BCC meet and culminates with the Zone Championship on April 21-23 at GMU. For those who wish to continue on to Nationals, take advantage of the host being on the east coast in sunny Florida at the Coral Springs Aquatic Club, which is a great facility. Our summer LCM season will kick-off with the Merryman meet in June and end with the opportunity for you to compete on the world level at the FINA championships in August. The "local" Open Water season begins in June in the waters off of Somers Point, NJ.

Who will be our Overall Male and Female Swimmer of the Year? Points have been compiling in all three venues; open water, pool and fitness. Other awards will include Male and Female Swimmer of the Year in each venue. World, National and Regional record holders will be recognized. National Champions and Top Ten finishers will also be recognized. The awards will be given out at our 2006 awards banquet on June 17. I am excited about being your emcee and I hope everyone plans to attend. It will be a great party and a good reason for all of us who love swimming to get together with the friends we have developed through swimming over the years.

I would like to hand out a Coach of the Year award. However, I would need nominations and a brief paragraph why the coach would deserve the award. So, if any of you would like to nominate your coach, please contact me.

REGISTRATION ALERT: 2006 USMS MEMBERSHIP

As of February 12, 2006 only 414 Delaware Valley Masters had signed up and received 2006 USMS Cards. This is about 100 below totals at this time last year.

In order to receive the May/June Issue of USMS SWIMMER Magazine, you must be enrolled by March 15th.

SO, HOP TO IT!

19 2006 DVM AWARDS BANQUET

20 POOL MEET SCHEDULE

THIS NEWSLETTER WAS ASSEMBLED ON A G4 MAC COMPUTER USING APPLEWORKS DRAWING PROGRAM.

YOUR EDITOR SPEAKS!
JUDY MICHEL
SWIMICHEL@MAC.COM

**WELCOME TO THE WINTER 2006
EDITION OF THE LANE LINE.**

I am THRILLED that so many DVMasters have contributed articles to this Newsletter. I think you will find Tom Tulenko's article on Melanoma informative. There is a lovely tribute to Mary Ann McClain.

If you are a triathlete getting ready for the outdoors biking season, Lisa Semels has a chart to guide you through potential knee ailments.

Tony DeRose has done a great job gathering favorite workouts, giving us two this month. He has also written up an article about his new DVM Masters Team at the Spring Valley YMCA in Limerick, PA. I encourage others to write up a "blurb" about their teams.

Dick Jackson's article about meet participation should get us thinking about the types of activities that DVM swimmers like to do.

Here is my personal response to Dick's thoughts -- and I invite others to join the discussion by e-mailing to my address above. Personally, I do not do a lot of meets. In order to be satisfied with my times, I need to taper or rest up at least a little bit and that works against my practicing schedule. Also, most meets are held on Sundays which is THE BIG workout of the week for me at VFM at Villanova. I really hate to give up that taxing practice to go to a meet. I would guess that 70% of the swimmers at the VFM Sunday practice currently do

NOT "do" meets, but rather fit into the category of "Fitness Swimmers". Many more do Open Water Swimmers during the summers.

I have been "converted" to an Open Water Swimmer and enjoy much more the experiences of a summer swim outdoors, than a pool meet indoors. Also, an Open Water Swim is "one and done" rather than sitting around a lot between events. After the OW event there is often time to see the sights around the swim (Chicago, Annapolis, Lake Placid, the beach).

My one exception for meets is usually Y Nationals, where I represent SHY of Pittsburgh, the group of friends who introduced me to masters swimming way back in 1989. I go to Y Nationals to swim well, but to also have a good time with old friends I only see at that meet. (I must also admit, that I only go to that meet if it is in (hopefully) sunny Florida...).

However, it is also very clear that we have some SUPERB swimmers in DVM, who regularly test themselves in local, Zone, and National pool meets. DVM has a large contingent of TOP TEN Swimmers and a good supply of swimmers with FINA rankings.

In addition, I suspect that we are one of the smallest LMSC in the country with, as of Feb 12th, only 414 members. It is difficult to get 300 to a meet with that small a number.

I think we do need to discuss pool meet schedules and try to figure out how to get maximum swimmer participation for the financial benefit of the hosting pool, but to also not overcrowd the schedule for those who prefer not to do a lot of meets. Dick has raised a good point which we must consider in the future.

DELAWARE VALLEY MASTERS OFFICERS:
(EMAIL ADDRESSES ARE AVAILABLE ON THE WEBSITE.)

- CHAIRMAN: STEVE KELLY
- VICE CHAIRMAN: LAURIE HUG
- TREASURER: PAT TIMMINS
- SECRETARY: VIBEKE SWANSON

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- COACHES: DICK JACKSON
- FITNESS:
- LONG DISTANCE/OPEN WATER: DELIA PEREZ
- MARKETING:

- NEWSLETTER EDITOR: JUDY MICHEL
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- REGISTRAR: ART MAYER
- SAFETY:
- SANCTIONS: PATRICK LEE LOY
- SOCIAL: SARA CIERSKI
- TOP TEN RECORDER: JIM ROBLES
- WEB MASTER: PETER WOHLSEN

FAVORITE WORKOUTS: BY TONY DeROSE

This issue brings us two great workouts. The first is brought to us by Brian Furlong. Brian is a member of Pennypack Aquatic & Fitness Center (PAFC) and usually competes in distance freestyle, the 200 Fly, and IMs. To date his longest open water accomplishment includes the St. Croix 5 mile. Although he trains under Dick Jackson, he states this workout is something he does on his own to help prepare for his IM competitions. Brian tries to do this routine 2 times per week. He states "the workout concentrates on active recovery because there is no break between sets." The sets equal 4,000 yards.

Our second swim workout is presented by Karen Martin. Karen is a member of the Spring Valley YMCA Gators. Karen can usually be found competing in 50-free, 50-fly, and 50-breast. Karen was coach of the Gators last year. Now she enjoys being part of the team and focusing on competing. The 4,150 yard workout concentrates on stroke mechanics and streamlining.



Tony DeRose

As always keep swimming and keep fit. You can now submit your workouts to be included in the Lane Line by going to <http://www.springvalleygators.org/LaneLineFavWkOut/FavWkOutFrm.html> and filling out the form. Please fill out the comments section and tell us how you think the form could be made easier for you. Thanks to Brian and Karen for submitting their workouts.

4,000 yard-IM workout (BRIAN FURLONG)

Warm Up	600	Free	Choice 600 (set total)/600 (workout total so far)	
Main Set I	16x25	Broken	On :30 (Odds IM order-Fast, Evens Free-Moderate)	400/1000
Main Set II	2,000	Broken	100 IM-drill, 100 IM-Fast	200/1200
		200	Free-Easy, 200 Free-Fast	400/1600
		300	IM-kick/drill, 300 IM-Fast	600/2200
		400	Free-Recovery, 400 Free-Fast	800/3000
Main Set III	800	Pull	Broken down by 50's: breathe 2-4-6-8 (repeat)	800/3800
Cool Down	200	Free	Easy to Moderate	200/4000

4,150 yard-Stroke Mechanics workout (KAREN MARTIN)

Warm Up I	400	Free	Stretch focus on stroke	400/400
Warm Up II	200	Kick		200/600
Warm Up III	200	Pull		200/800
Main Set I	8x50	Rev-IM	On 1:00 hard	400/1200
Main Set II	9x100	Free	On 2:00 (broken 20sec @50 & 25sec @25)	900/2100
Main Set III	9x100	IM	On 2:15 (broken 20sec @50 & 25sec @25)	900/3000
Main Set IV	6x75	Free	On 1:15 (build ea 25-all out on last 25)	450/3450
Main Set V	6x50	Breast	Build ea 25-all out on last 25 (20sec rest between sets)	300/3750
Main Set VI	4x25	Free	Sprints from the block	100/3850
Main Set VII	4x25	Kick	Underwater, streamline (alt between flutter and dolphin)	100/3950
Cool Down	200	Free		200/4150

MELANOMA: A PERSONAL STORY BY TOM TULENKO

If you ask masters swimmers why they swim regularly, the most common answer is for health reasons, i.e., to reduce the risk of a variety of unpleasant, if not deadly diseases. And the most common disease mentioned is cardiovascular disease, primarily coronary artery disease (CAD) but also stroke. Let there be no doubt that the risk for a very large variety of diseases, especially CAD/stroke, is markedly reduced by regular exercise.

However, let's talk about the other side of this same coin, those diseases whose probability of occurring are actually increased in swimmers.

Consider what happened to me this summer. As I age (rapidly!), I have, regrettably, been developing what my parents called "liver spots," "sun spots," or "aging spots." These occur primarily on the backs of the hands, but to a lesser degree on the back, arms and face (oh please!). If this isn't obnoxious and annoying enough, they actually increase in number and size with age, usually beginning in the early to mid 50s. We now know that these are largely caused by excess sun exposure over the decades of summer fun we enjoyed while growing up.

The dermatologist calls these spots lentigines (plural) or lentigo (singular). I first noticed them on my hands about 10 years ago. I showed them to the dermatologist and he explained that they are almost always benign and not to worry. Meanwhile, this past year I couldn't help but notice that one on my left hand was getting bigger with sharp spiked edges. Remembering the uneven lateral growth of malignant melanomas, I scheduled an appointment with my dermatologist. The doc looked at it and said, "no problem Tom, I told you, this is a sun spot, not to worry." Relieved, I left his office and went straight to the pool.

Meanwhile, over the next few months I kept looking at that damned spot, focusing on the ragged edges and the numerous photos and skin lesions I'd seen way back in school. So, I grabbed a friend in the hall here at Jefferson Hospital, a dermatologist whose opinion I highly regard. "Yeah, probably just an ugly solar spot, but let's take it off just to be sure."

Ten days later he called me on the campus line, "Tom, come over, we'll talk about the results of the



Tom is USMS/FINA top 10 swimmer and a member of the Valley Forge, Germantown, FINS and Ambler Y Masters teams. His daytime job is Director of the Division of Surgical Research and Professor in the Departments

of Surgery, Biochemistry and Molecular Pharmacology at Thomas Jefferson University College of Medicine in Center City, Philadelphia. Tom welcomes comments at: thomas.tulenko@jefferson.edu

path report." I immediately freaked, noting that he didn't say "got the report back, everything OK." Once I was in his office, the first thing he said was "Are you a swimmer?" !!!!!!!

Diagnosis: malignant melanoma, stage zero or "melanoma in situ." While we're all swimming for our health, some of us are getting blind-sided with arguably one of the deadliest forms of cancer out there. The dermatologist saw it so frequently in swimmers, that's the first thing he thought. I'm not the only VFMer with this story either. Most of us have a long history of sun exposure, mine primarily coming from life guarding, and since sun screens weren't around before the late 70s, we had virtually no protection. Two weeks later, what was a 3/4" diameter "sun spot" was surgically removed by taking a 2" diameter piece of skin. Hand is all better now.

Malignant melanoma:

These begin as very small dark discolorations in the skin. The dark color comes from melanocytes which contain high concentrations of dark pigmented melanin. They may be raised and nodular (not good), or as in my case, perfectly flat and disguised as a sun spot. Melanoma tends to occur at sites of intermittent, intense sun exposure (e.g., on trunk in men and legs and back in women). The disease shows an increased worldwide incidence in fair-complexioned individuals living in sunny climates and nearer the equator, suggesting a causative role for ultraviolet radiation.

Prevention:

Not all melanomas are sun-induced, but the best way to reduce risk is to avoid the sun as much as possible. In people over 50, note how clear the skin is over your buttocks compared to the face, neck, arms and hands.

Sunscreen decreases the intensity of the burn, but beware; using it alone to prevent melanoma is not wise.

The incidence of melanoma has increased relentlessly, and in parallel with the advent and growth of widespread application of sunscreens.. Ergo, it needs to be emphasized that sunscreen use does not prevent melanoma, but rather reduces risk. Natural protection from the whole of sunlight, i.e., wearing protective hats and clothing, avoiding the sun around the middle of the day, and seeking shade when outdoors, is the best strategy. Sunscreen use should be seen as an adjunct to this sun protection program, not a substitute for it.

Another essential prevention strategy is careful surveillance. **Swimmer beware: if you're over 40, get your skin checked once/year, preferably at an academic hospital center by a board certified dermatologist.** Skin cancer is an almost totally preventable disease when caught early (stage zero). And note that most dermatologists decline to examine your privates or scalp in search of offending moles. However, certain melanomas grow in these areas, so take a mirror and flashlight into the bathroom, lock the door and give yourself what could be a life saving gift of *careful* surveillance.

Know your ABCD and Es:

Asymmetry: One half of the lesion does not match the other half.

Border irregularity: The edges are ragged, notched, or blurred.

Color variegation: Pigmentation is not uniform and may display shades of tan, brown, or black; white, reddish, or blue discoloration is of particular concern.

Diameter: A diameter greater than 6 mm is characteristic, although some melanomas may have smaller diameters; any growth in a nevus warrants an evaluation.

Evolving: Changes in the lesion over time are characteristic; this factor is critical for nodular or amelanotic (nonpigmented) melanoma, which may not exhibit the classic criteria above.

Statistics: Approximately 60,000 Americans will develop invasive melanoma in 2006, with an estimated additional 40,000 or more cases of melanoma in situ. The current lifetime risk for developing invasive melanoma is 1 per 65 Americans,

a 2000% increase since 1930! This risk rises to 1 case per 37 Americans if noninvasive melanoma in situ is included. Melanoma in situ develops into invasive melanoma with time. In the United States, one person each hour dies from metastatic melanoma, i.e., tumors spreading throughout the body.

Melanoma staging:

Fortunately, melanomas first grow laterally, or sideways, for a variable period of time, hence the edges become irregular and any symmetry is often lost. Staging of melanoma is complex; to simplify:

Stage zero (melanoma in situ): Cancer cells are growing outward and never penetrate below the upper layer of epidermis ("intraepidermal"). 5-year survival (5ys) 100%

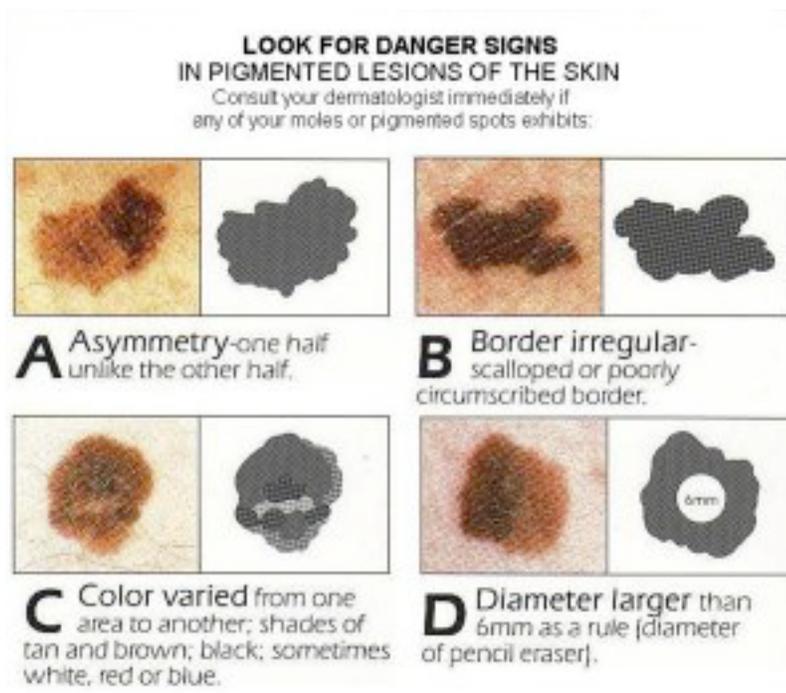
Stage 1: Cancer cells are now diving vertically down into the skin, 1-2 mm. Ulceration may occur. 5ys 90-95%

Stage 2: Cancer cells continue diving vertically deeper into the skin, ≥ 4 mm. Ulceration may occur. 5ys 45-80%

Stage 3: Cancer cells now spreading to at least 1 lymph node. 5ys 25-70%

Stage 4: Distant metastasis occurs, i.e., tumors appearing in internal organs. 5ys <20%

More in-depth, high quality medical info on melanomas and dermatological issues in general can be found at: <http://www.emedicine.com/derm/topic257.htm>



THE UV INDEX: SOME SCIENCE FOR YOU...

UV or ultraviolet rays are emitted from the sun. There are three types of UV rays: UV A (A is for aging), UVB (B is for burning) and UVC (UVC are the most dangerous, but they are blocked from reaching the earth's surface... PHEW!). As Tom noted in his article, they have been implicated in melanoma and the other two types of skin cancer: **basal cell** and **squamous cell carcinoma**. UV rays also contribute to premature wrinkling and aging of the skin. Research has shown that exposure to UV rays increases the likelihood of certain cataracts. A **cataract** is a loss of transparency in the lens of the eye, that leads to cloudy vision and eventually blindness. Fortunately, for this condition, cataract surgery is highly successful. (My Dad, life long tennis player, has had two cataract lens implants, without which he would now be blind.) Some people are vulnerable to effects including immune suppression, sensitivity to sunlight and reactions with the use of certain medications.

NOAA and The National Weather Service maintain an excellent web site:

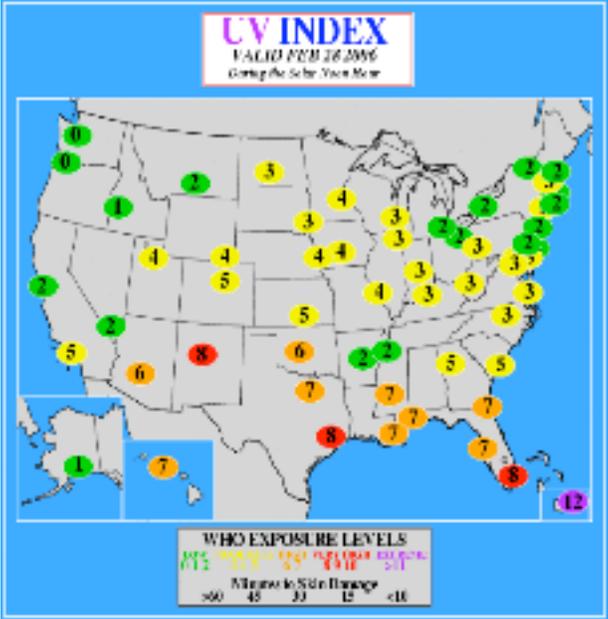
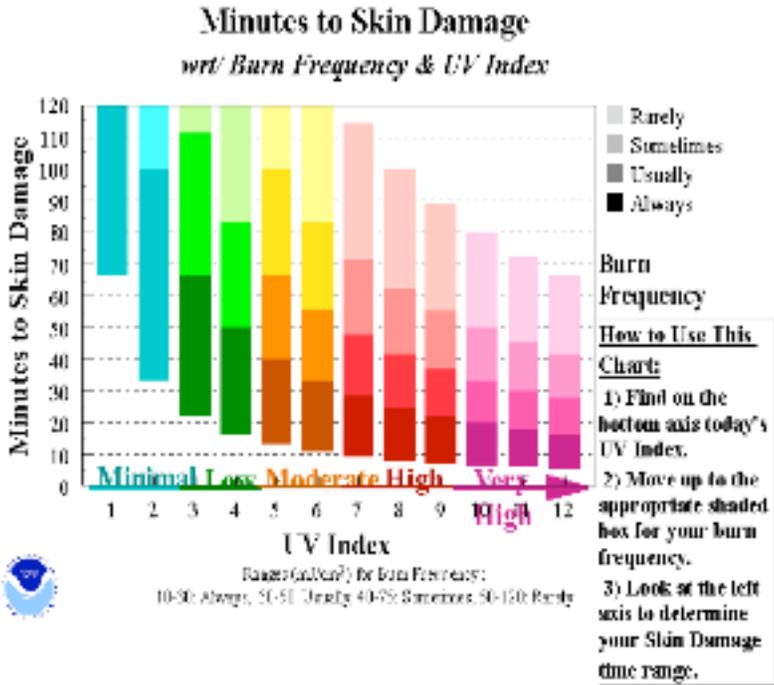
(http://www.cpc.ncep.noaa.gov/products/stratosphere/uv_index/)

This contains information about Ultraviolet rays, the damage they can cause, and how and when to provide protection. In addition, a UV map for the country is produced for the UV INDEX each day at solar noon, 11:30 to 12:30, the time at which the sun is highest in the sky and its rays are most direct. (See below.)

UV ray penetration onto the earth's surface is increasing due to changes in the stratosphere's ability to block these rays. You may have heard of the Ozone Hole or Ozone layer. In the stratosphere, ozone (O₃) is a helpful molecule. The ozone layer is able to block the UV rays from the sun.

However, historic use of refrigerants, such as Freon and spray accelerators in shaving cremes and hair spray, introduced Chlorofluorocarbon molecules (CFC's) into the atmosphere where they migrated up to the stratosphere. One CFC molecule is capable of destroying over 1 million ozone molecules.

(continued below)



By 1984, scientists had firm evidence that the CFC's were damaging the ozone layer in the stratosphere. By 1985, there was good documentation of an enlarging "Ozone Hole" over Antarctica. Beginning in 1985, international meetings were held to make decisions about reducing the amount of CFC's in the environment. The agreement is known as the Montreal Protocol. It was decided to ban the production and consumption of CFC's in developed countries as of January 1, 1996. Developing countries have until 2010 to comply.

THE PHYSICAL THERAPIST'S CORNER

KNEE PAIN AND BICYCLING ... HOW TO AVOID INJURIES! BY LISA SEMELS



Soon the snow will be all gone and it will be time to take the bikes back outdoors! Lance Armstrong's successes in the Tour de France and an increase in mountain biking activity have led to an increase in participation in bicycling.

Cycling is an excellent activity, especially for runners or athletes seeking low-impact exercise. Cycling, however, like other repetitive activities, does have its fair share of overuse injuries. Knee pain is the most common overuse problem experienced by cyclists. Most often, injuries occur when an athlete changes mode, intensity, or duration of training. But other factors including biomechanics and cycling equipment may also contribute to injury.

The table (---) can help to identify some of the most common causes of cycling-related knee pain. Be safe & enjoy!

All of the information here was referenced in: Knee Pain and Bicycling, Fitting Concepts For Clinicians, The Physician and Sports Medicine, Vol 32, No. 4, April 2004, CPT Chad Asplund, M.D., Col Patrick St. Pierre, M.D.

For more information contact Lisa Semels, MSPT at lsemels@excelphysicaltherapy.com.

TABLE 1. Causes of Knee Pain in Bicycling

Factor	Possible Result
Anatomy	
Leg-length discrepancy	ITB stretch on shorter leg, posterior knee stress
Wide pelvis	Lateral knee stress (increased Q angle)
Pes planus and/or pronation	Medial knee pain
Internal tibial rotation	Patellar malalignment
Muscle weakness of quadriceps, hamstrings, hip flexors, gluteus	Fatigue-induced alterations in pedaling technique that transfer stress to other parts of the kinetic chain
Leg inflexibility	ITB syndrome
Bike Fit	
Saddle too high	Knee extension that irritates the ITB, stress on bicep tendon, patellofemoral loading, hips stressed by rocking while pedaling, posterior knee pain
Saddle too low	Stress on patellar and quadriceps tendons
Saddle too far forward	Stress on anterior knee from pedaling in hyperflexed position
Saddle too far back	ITB stretch from excessive forward reach for pedal, stress on biceps tendon
Crank arms too long	Increased forces on the entire knee; patellar tendon and quadriceps tendon are most affected
Internally rotated cleats	Patellar tendinitis, tibial rotation stress on anterior knee
Externally rotated cleats	Medial knee stress
Training	
Rapid increase in distance or intensity	Muscle tightness, microtrauma
Excessive hill work (on bike)	Cartilaginous breakdown, chondromalacia
Pushing high gear ratio	Medial knee stress
Hill running (on foot)	Medial knee stress (uphill), tight quadriceps (downhill)
Deep leg squats	Increased stress on entire knee
ITB = iliotibial band	

DID YOU KNOW?
In most tanning salons, the UVA radiation is 2-5X greater than the UVA from the sun! YIPES!

Mary Ann McClain, age 64, succumbed to complications of cancer on January 23, 2006. She had a love for swimming and was an active competitor for two decades with the Lower Bucks YMCA Masters in meets and open water events. She was also a participant and mentor with the youth of the Pennsbury Aquatic club. She started competitive swimming later in life and of particular satisfaction were her several qualifications as a Relay All American. Mary Ann raised her 2 children to be swimmers who competed through high school and she was the proud grandmother of 3.

Maryann was a professional nurse and was known in all of her circles as an engaging, contributing and empathic personality. Masters swimmers tend to be remarkable characters by their nature and we have lost one of the steady ones.

---John Widtfeldt



Mary Ann was a diamond in the rough. She managed to juggle her busy schedule to accommodate her passion for swimming.

She started out in our lap lanes as a basic swimmer under of the guidance of the Lower Bucks Masters. She continued her quest by plowing through the busy Pennsbury practices, **but** always with children on her toes. I guess that explains why she swam so fast in the free style. Her hard work finally paid off. She emerged as a YMCA, a National and a World champion.

But most of all Mary Ann relished the times she could compete in our meets. She was a team player. Always swam the maximum events in order to add to team points. And she loved relays.....Especially if they made top ten. In between swims she would chit chat with all her swimming buddies.

And of course who could ever forget those famous Master's socials. She couldn't wait to bring her home made goodies. And then taste test all the yummy treats. She loved to mingle with our group.

And lastly Mary Ann will always be remembered as our shining star. Her sheer dedication to swimming will never be forgotten. And her endearing personality will always find a place in our hearts.....**Especially Mine.**

---Kitty Fitch

ATTENTION: COLONIALS 1776 SWIMMERS HEADING TO FLORIDA FOR USMS NATIONALS -- GET READY FOR RELAYS!

National Short Course championships will again be in Florida this spring - May 11-14, 2006. It was great fun last year and those who participated swam well, had a great time and enjoyed the warm weather. Please plan to join us this year in Coral Springs, Florida. The meet entry form is in the January/February issue of USMS Swimmer Magazine and on the www.usms.org website. Take a look and make plans to be there!

Regarding relays - please e-mail stephswim1@aol.com or phone me at 610-293-0527 (work/days) to let me know of your availability for relays. Check the entry information and the order of events, then let me know your fastest times during this past season for 50 yards of each stroke so I can put the relays together. Please note the entry deadline for the meet (postmarked by March 30th/ received by April 6th/can enter online at www.usms.org/comp/scnats06) and let me know at the same time as you do your entry form so I can put the relays together. And don't forget to sign-up or renew your Colonials 1776 membership registration (see dvmasters.org for the details). See you in Florida!

---Steph Walsh Beilman

PLENTY OF AIR AND A SMOOTHER FREESTYLE

BY TERRY LAUGHLIN,
FOUNDER AND HEAD COACH OF TOTAL IMMERSION SWIMMING

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In my previous articles on breathing, I covered fundamentals - how to keep from choking, and the importance of focusing on the exhale. In this installment, we'll examine the specific techniques of breathing in rhythm with your stroke. The three most common breathing technique errors I see among unskilled or uncoached swimmers include:

1) **Lifting the head for air.** This hurts your body position and leads to use of the arms to "brace" or support the head's weight, when they should be lengthening the body or "holding on to your place" in the water.

2) **Turning only the head for air.** This awkward action increases strain and torque in the neck and spine...and hurts your form.

3) **Losing your front end.** Having the lead hand collapse while breathing is almost universal among unskilled or unbalanced swimmers. When it happens you become less hydrodynamic and much of the propulsive potential of that stroke is lost.

The best way to imprint an efficient breathing form - one that provides all the air you need and keeps your stroke long and efficient - is to practice the Skating, UnderSwitch and ZipperSwitch drills from the TI Freestyle progression, but you can also improve your form with MindfulSwimming - whole-stroke practice of focal points that specifically address breathing mechanics. Here are those I practice most often myself.

BREATHE WITH YOUR BELLYBUTTON. Not literally, but rolling to the air as if you intend to do so will help overcome #2 above. You should attempt to feel as if you roll your body to the air and your head goes along for the ride. If you think of keeping your chin and sternum aligned - then allow your chin to travel a bit farther on its own - you ought to get ample body rotation and avoid the strain of just turning your head while your body remains prone. I also sometimes imagine that my breather is on the side of my rib cage, six inches below my armpit. If I take that part of my torso to the air, I always get plenty.

KEEP THE TOP OF YOUR HEAD DOWN. Between breaths, your balance is best if you point your nose at the bottom and lead with the top of your head. While doing so, get a sense of having a laser beam, shining from the top of your head, at the leading edge of your "head-spine line." You should keep that laser beam pointing straight to the horizon, or at the end of the pool, both between breaths and during your breath. You can work at this in three ways:

(i) Keep the top of your head as close to the surface as possible, while rolling to breathe; (ii) Press in the side and back of your head as you breathe; (iii) tuck your chin toward your shoulder as you breathe.

GET TALLER AS YOU BREATHE; Stay Tall as you come out of your Breath. You'll maintain far more momentum and speed during your breath, and get a more effective stroke following it, if you keep your leading hand forward, and in a good "gripping" position during your breath. To achieve this, concentrate on having your opposite hand continue to extend forward as you roll to breathe, and begin your stroke only as you begin to roll back down again. And the next stroke will be far stronger if you keep your fingers tipped down throughout. In virtually all unbalanced swimmers, the hand turns up (think of Diana Ross singing "Stop in the Name of Love") during the breath, acting as a brace, not a gripper.

A BREATHING-SKILLS PRACTICE

Swim a series of three sets of repeats, with each set lasting six to 10 minutes. Choose any repeat distance from 25 to 100 yards. To recover between repeats, do three (for shorter repeats) to six (if longer repeats) bobs, bubbling out as you bob underwater and getting air quickly and easily as you bob to the surface. Rest for an additional one to two minutes between sets. Breathe every two to three strokes (not cycles) throughout. Swim the first round concentrating on Breathing with your Bellybutton. Swim the second round, concentrating on Keeping the Top of Your Head Down. Swim the third round, concentrating on Getting Taller as you Breathe. Which focal point helps the most?

The final article in this series will be on breathing frequency and open-water breathing techniques. This article is excerpted from O2 in H2O a special e-book and mini-video on breathing skills to be published shortly by Total Immersion.

[Freestyle breathing technique - and the skill sequences that teach it - are vividly illustrated on the Freestyle Made Easy DVD and Drill Cards.](#)
[To read more such articles, sign up for a free subscription to the "Total Swim" newsletter at \[www.totalimmersion.net/email-list.html\]\(http://www.totalimmersion.net/email-list.html\) .](#)

Next summer, there will be no LCM Nationals. Instead, FINA has awarded the XI FINA WORLD MASTERS CHAMPIONSHIPS to the USA. This multi water sport event, opens on Friday, August, 4th and ends on Thursday, August 17th. Host Stanford University boasts the largest swimming facility in the nation and is heralded as one of the fastest and finest.

Pool swimming (3 events/day) will be contested from Friday the 4th to Thursday the 10th (No 1500 Free), ending with a 3 K open water swim in San Francisco Bay on the 11th. Diving will be held the 11th to 16th; Synchronized swimming the 13th to 17th; and Water Polo from the 6th through the 12th.

Tuesday, August 8th has been set aside for just RELAYS! The following relays will be contested: 200 Mixed Medley; 200 Mixed Free, 200 Free (W/M); 200 Medley (W/M).

Remember that for LCM, the heats are organized according to the TOTAL AGES of the swimmers, so you can really mix and match to get the best team. Also remember that your age for the meet is the age you turn or will turn in 2006. So even if you don't turn 60 until December, you can still swim as a 60 in August.

COLONIALS 1776 WOULD LIKE TO ENTER AS MANY RELAYS AS IT CAN. IF YOU ARE EVEN REMOTELY THINKING OF GOING TO SF FOR THIS MEET, CONTACT STEPH WALSH BEILMAN (STEPHSWIM1@AOL.COM OR 610-293-0527 (WORK/DAYS) AND SHE WILL PUT YOU ON A LIST TO BE CONTACTED AS THE DATE NEARS.

ADDITIONAL INFORMATION IS POSTED ON THE WEBSITE: www.2006finamasters.org.

THE COACH COMMENTS: MEET PARTICIPATION BY DICK JACKSON, DVM COACHING CHAIRPERSON

I've decided to cover the subject regarding some of the meets that were held at college facilities in the past but are no longer being held. On December 10 and 11, the College of New Jersey held a two day SCM meet. They were hoping for 300 swimmers to enter and the final count was 142.

IS THIS A WAKE UP CALL THAT IS TAKING PLACE? IT SHOULD BE!

Every imaginable individual event and relay was offered. the meet ws well run and final results were posted on time. There was plenty of parking space in both lots and seating capacity ws good. The food concession stand was open both days as well.

It brought back memories of the meets that were held at Rutgers University. The difference being the College of new Jersey is half the distance from the Philadelphia area. Those living in Bucks County are there in 15-20 minutes. Darek Hahn, the coach of the Jersey Area Masters and meet Director told me they put in a bid to host the Colonies Zones SCM Championships. There were only two bids submitted. new England Masters was awarded the meet.

I am told that only two swimmers from the Delaware Valley Masters participated in New England. it would have been a lot easier to travel to New jersey than Massachusetts in December with the weather conditions that could have developed.

This brings me to the meets we lost at college facilities in the Philadelphia region. After talking to the Meet Directors and representatives, that hosted the meets, their answer was "**Due to low participation, it was not worth the time, money, and trouble to have them.**" The Colleges were: University of Delaware, West Chester University, St. Joe's University, and LaSalle University. Hopefully, sometime in the future, they will reconsider hosting meets.

Remember if we don't care or try to resolve any problems that may come our way, nobody else out there will.

FIRST SEASON WAVES: MEET THE SPRING VALLEY YMCA GATORS TEAM BY TONY DeROSE



In September of 2005 swimmers at the Spring Valley YMCA in Limerick, PA decided to officially start a team. Although they had swum the 2004/2005 season under the name "Spring Valley YMCA (SVY)," they were not a cohesive team yet. This group of Masters Swimmers ranging in age from 22 to 83 successfully became the "Spring Valley YMCA Gators (SVYG)" in early October 2005. With their new found name and their proven tenacity, the Gators have already bolstered 3 team wins in the first three meets of the season. They took 1st place at both the Reading and Boyertown meets and they managed to take 2nd at the Phoenixville meet.

The team practices at the Spring Valley YMCA three times per week. Practices are held Monday and Thursday evenings from 8pm-9pm, and on Saturday mornings from 8am-9am. The team is coached by Warren "Fish" Fisher who stated at the Phoenixville meet that he is extremely proud of the success they have had thus far. "Fish" is supported by the following assistant coaches; Rick "Foreman" Ringenwald, Brian Doan, Mike Hernandez, and Charles "Chip" Mulvany. The team's website is maintained by team-mate Tony DeRose who also acts as the team secretary. The site address is <http://www.springvalleygators.org/>. All meet results for the Gators are handled by team-mate Brian McMillin.

Although the Spring Valley Gators are relatively new to the Masters swim circuit as a team, they have proven that team work and fun can go a long way.. Many of the members are former collegiate athletes. Many people have stated that they enjoy the camaraderie it brings and they love to show their "Gator" spirit. While each athlete has their own reason for being a member of the team, they all share one thing in common; the love of swimming!



LEE BEAN



HAL BOGEL



JEN DELACRUZ



TONY DeROSE



BRIAN DOAN



WARREN FISHER



JOHN GODILLON



PAUL GODILLON



MIKE HERNANDEZ



TYONNE LOCKHART



KRISTEN LUNDY



BRIAN McMILLIN



CHIP MULVANY



GREG PROSSER



OMAR RIFFI



RICK RINGENWALD



TEE DEIBELICK



KAREN MARTIN



FRANK SITES



MORGAN SMITH



CINDY SIERACKI



BECKY TORQUATO



SUE UNDERWOOD

IF YOU WOULD LIKE TO SEE YOUR TEAM FEATURED IN THE NEXT LANE LINE, JUST SEND ME THE INFORMATION!

PRELIMINARY OPEN WATER SCHEDULE BY DELIA PEREZ

PAGE 12 of 20

2006 PRELIMINARY OPEN WATER
DELIA GRACE PEREZ (856-251-0902)
Email: dgperez@erols.com

**** D'Chum's Best Guess
(if no asterisk ** date is firm)**

As of: 31st January 2006

- April 22nd **Tampa Bay 24 Mile Swim in Tampa, Florida** ... www.distance-matters.com/marathon/2006
- May 28th **Jim McDonnell 1 Mile and 2 Mile Lake Swim** (1/2 Mile course), Lynn Hazlewood,
(Sun.) Email: lynhzlwd@USMS.org (swim in two waves w/about 100/wave in Lake Audubon, Reston, VA - 8a.m. race
(703-845-7946). <http://www.restonmasters.org> (Contact Roberta Dillenberg at dillbus@att.net
- May 28th **Lady Liberty 1.5K Swim** held in NYC ... www.nycswim.org
- June 3rd **Potomac River 7.5 Mi Swim** - Point Lookout State Park, MD Cheryl Wagner, 3103 Hawthorne Dr NE,
(Sat.) Washington, DC 20017-1040, 202-387-2361(h), 202-478-0948 (fax), cherylw@crosslink.net; or www.crosslink.net/~cherylw/pr2003i.htm
- June 11th **4.4 Mile CHESAPEAKE BAY SWIM** - <http://www.lin-mark.com> RACE CLOSED OUT!
- June 11th **1 Mile Bay Challenge Swim** - <http://www.lin-mark.com>
- June 11th **Jack King 1-Mile Ocean Swim** - Virginia Beach, VA Suzanne Giersch (757-518-9824); suzgiersch@earthlink.net. Or phone (757-692-4271)
kharkins@nsn.cmar.navy.mil or www.vaswim.org (Sanctioned by VA LMSC)
- June 11th **EagleFest 1.2-Mile River Swim** held in Cambridge, Maryland ... www.tricolumbia.org
- June 15th **2nd Beach Ocean Swims** - Middletown, RI ; Michael Garr, 109 Enterprise Terrace, Kingston, RI 02881
Thru (401-783-7902) or cell (401-741-7193), Michael.Garr@navy.mil. These are frequent ocean swims for fun and
Oct. 15th fitness. We meet at the main lifeguard chair at 4:30PM. They are weather dependent; water temp is usually
in the 70s when we swim, even in June and October! All abilities welcome.
- June 17th **14th Annual Swim for Life - 1, 2, 3, 4, 5 Mi Swims** - Chestertown, MD (Rolph's Wharf) and
(Sat.) registration starts at 7 a.m. Dawson Nash, DCAC, 4514 Connecticut Ave NW, Washington, DC 20008
(202-686-2150) or e-mail: swimmerdn4321@aol.com
- June 17th **2006 USMS 1-3 Mile Open Water Championships (3 km)** held at Hartwell Lake in Clemson, SC
The date is tentative and hosted by the Clemson Aquatic Team. Contact Jacqueline Grossman (864-646-8836)
or at jelg@nova.net and request an Entry Form.
- June 17th **Park to Park 1-Mile Swim** held in NYC ... www.nycswim.org
- June 18th **1 Mile Open Water Swim - Virginia Beach Ocean Swim** - (Father's Day) Betsy Durrant, 211 66th Street,
(Sun.) Virginia Beach, VA 23451. Call (757) 422-6811 for info. BOARDWALK ARTS FESTIVAL AT SAME TIME. E-mail: durrantb@aol.com
- June 23rd **1 Mile Bay Swim**, Kennedy Park, Somers Point, NJ; 6:30 pm start, Advance & Day of Race Registration; aren Pratz,
(Fri.) K Ocean City Aquatic & Fitness Center, Attn.: Bay Swim, P.O. BOX 570, 18th & Simpson St, Ocean City, NJ 06226 (609-398-6900).
- June 24th **Against the Tide 1 Mile Swim** - Hopkinton State Park, Hopkinton, MA. MBCC (800-649-MBCC)
(Sat.) Benefits the Massachusetts Breast Cancer Coalition. Each participant will raise a minimum of \$150 in
contributions. Website at: www.mbcc.org/swim
- June 24th **Madison Mile** - Madison, Connecticut. Contact Dave Parcels, 17 Yankee Glen Drive, Madison, Connecticut, 06443 Call (203-606-4529).
(Sat.) E-mail: dave@force5sports.com or www.force5sports.com Sanctioned by Connecticut LMSC with Pre-entry and Deck-entry.
- June 24th **11th Annual Plunge For the Patients (1-Mile Ocean Swim)** held in Wildwood, New Jersey.
(Sat.) **6 pm Race Start** with registration at North Side of Mariners Landing Pier. Registration 3 pm to 5:30 pm
Beyond the Breakers & Back Novice swim starts at 5 pm. Contact: Viki Anders by E-Mail: andervi@jhmi.edu
Web site: www.hopkinscancercenter.org/news/plunge.cfm Call (410) 502-5395. (www.lmsports.com).
"Land-Lubbers" 5K Run offered also supporting cancer patients at Johns Hopkins Hospital. Awards at 7 pm and beach party at Mariners Landing
from 8 to 10 p.m.
- June 24th **Manhattan Island Marathon 28.5-Mile Swim** held in NYC ... www.nycswim.org

- June 25th **1 Mile & 2 Mile Lehigh River Swim**, Allentown, PA; Contact James Platt, P.O. Box 3304, Allentown, PA 18106:
(Sun.) jhp35@hotmail.com or Mike Seip, seip@enter.net, or the Emmaus Aquatic Club at emacswim@rcn.com.
Swim with the current, and transportation to the start. Bagels & Juice at finish.
- July 1st **1.3 Mile or a 5 K Bridge to Bridge Bay Race**, with the 8th annual race starting at the Atlantic City High School
(Sat.) Crew House at Fairmont Avenue in Atlantic City, NJ. Contact Sid & Kara K. Cassidy via Email:
Sid.Cassidy@saintandrewsschool.net or Kara.Cassidy@saintandrewsschool.net Web site: www.acacswim.com
- **July 8th **Asbury Ocean Mile, Asbury Park, NJ** - Onsite Registration starts at 4:45 p.m. - Race starts at 6:15 p.m.
(Sat.) Pre-registration cost is \$15 and onsite registration costs \$20. Prizes for 1st male and female overall, over 35, and over 50. Ribbons for top 3 male and female in every five-year age group. Four (4) person team competition, scored XC style, Open and Over 35 Division. All participants receive race tee shirt. Contact race directors: Pete or Jo Nagle (732-449-3215) or email at: elsa@bytheshore.com
- July 16th **2006 USMS 2-Mile Cable Swim Championships** - held in Chris Greene Lake at Charlottesville, VA
(Sat.) Contact either Dave Holland (804-282-6224) at dholland@rmc.edu or Mark Gill (480-874-7112) at markgill@usms.org Website: www.pvmasters.org/entry/vmst0705.pdf Sanctioned by Virginia Masters (VA LMSC).
- **July 16th **Greenwich Point One Mile Swim** - Greenwich, CT (Open Water). Contact Jon Harnett, 10 Sachem Rd,
(Sun.) Greenwich, CT 06830 (203-869-8714) email at jharnett@bondednj.com or see www.gscevents.org Entry Deadline 7/10/2006
- July 15th **1-Mile Ocean Swim, 9th Annual Swim For the Dolphins** held in Wildwood Crest, NJ. Sponsored by the
(Sat.) Brigantine Marine Mammal Stranded Center & Wildwood Crest Beach Patrol - Dave Hirsch: (609-465-5590).
6 pm Start at Rambler Rd. & the Beach. Contact L & M Computer Sports, 89 Park Drive, Berlin, NJ 08009.
Wetsuits are permitted and usage encouraged. Team Awards (www.lmsports.com)
- **July 15th **1-Mile Ocean Swim, 8th Annual Spring Lake Ocean Mile**, held in Spring Lake, NJ.
(Sat.) 8 a.m. start. Fee \$15.00. Registration day of from 6:45 and 7:45 a.m. More information - for entry form go to: www.raceform.com
- July 23rd **2.4 Mile Race for the River** (Hudson River Swim) in NYC (World Financial Center to Chelsea Piers) See www.nycswim.org
(Sat.)
- July 23rd **0.5 Mile Cove to Cove Swim**, held in NYC ... www.nycswim.org
- **July 23rd **1 & 2 Mile Canandaigua Lake**, NY - Vern Hecker #(716-394-4075) (Saturday).
- July 29th **1-Mile Masters Ocean Swim - Ocean City**, NJ (34th Street) - L & M Computer Sports, 89 Park Drive, Berlin,
(Sat.) NJ 08009 (609-767-1337)(www.LMSPORTS.com). Contact Darren Hickman, (609) 926-9191 - E-mail:
darrenhickman@hotmail.com The 26th Annual Masters Ocean Swim starts at 6:30 p.m. - register at
the 34th Street Ocean City Beach Patrol headquarters (609-525-9200).
- July 29th **2006 USMS 1-Mile Open Water National Championships** - Lake Erie, Cleveland, Ohio
(Sat.) Sanctioned by O*H*I*O Masters - Contact Tom Spence (216) 299-3858 (talltom13@msn.com)
- July 29th **Governors Island 2-Mile Swim** held in NYC ... www.nycswim.org
- **July 30th **1 & 2 Mile - Gilbert Lake State Park, Oneonta, New York**. Sanctioned by the Adirondack Masters
(Sun.) and USMS membership is required with onsite one-day membership available at registration. Warm-up
begins at 9:30 a.m. and the races start at 10 a.m. The lake will have buoy markers laid out for the __-mile
course. Contact race director, Verna Engstrom-Heg (607-829-8785) or email her: bobverna@wpe.com
- August 5th **Swim Across the Sound - 25K Open Water Swim** held Captain's Cove in Bridgeport, Connecticut.
(Sat.) See www.force5sports.com/calendar/index.cfm
- **August 6th **9th Annual YMCA Lake Champlain Shore-to-Shore Swim** held n Burlington, VT. The swimmers start
(Sat.) on the New York side of the lake at Willsboro Point. The swim is 8 miles and the water temperature is 69-72
degrees. The swim starts at 9 a.m. and finishes at Blodgnet Beach (private beach) in Burlington, Vermont.
Swimmers may wear wetsuits and each swimmer needs a chase boat. The entry fee is \$250 or else raise a
minimum of \$250 in pledges for the event. For more information please contact: Tad Hale at the Greater
Burlington YMCA (802-862-9622) or e-mail thale@gbymca.org
- August 12th **2006 USMS 6+ Mile Open Water Championships (10 km)** held at Horsetooth Reservoir in Fort Collins, Colorado.
(Sat.) Wingshadow - Contact George Thornton (970) 482-1818 or at louiset36@comcast.net Or contact Nicole Vanderpoel at nicolevanderpoel@msn.com

- **August 12th **22.5 Mile Around the Island Marathon Ocean/Bay Swim**, in Atlantic City, NJ. This race starts at 8 a.m. from Gardner's Basin in Brigantine, NJ. For the amateur relay teams of 3 to 6 person teams, contact race director, Michael Geigerich, (<http://acswim.org/>) or call (609-926-0714) (cell #609-204-2873) at 139 Blackman Road, Egg Harbor Township 08234 to inquire about entering your relay team.
- August 12th **Boston Light 8-Mile Swim** held in Boston, MA ... www.bostonlightswim.org
- **August 12th **Island Beach Two Mile Swim** - Greenwich, CT (Open Water). Contact Jon Harnett, 10 Sachem Rd, Greenwich, CT 06830 (203-869-8714). Email: jharnett@bondednj.com Website at: www.gscevents.org. Sanctioned by CT- LMSC and entry Deadline 8/6/2006
- **August 19th **Against the Tide 1 Mile Swim** - Nickerson State Park, Flax Pond, Brewster, MA (800-649-MBCC) and Benefits the Massachusetts Breast Cancer Coalition. Each participant will raise a minimum of \$150 in Contributions. Website at: www.mbcc.org/swim
- **August 19th **1 Mile Inlet Swim (YATES)** - Captain Francis Bennett, Atlantic City Beach Patrol, Public Safety Bldg, 2715 Atlantic Ave, Suite 420, Atlantic City, NJ 08401. **6:45 PM START.** Call (609-347-5466) or www.ACSwim.org. Check in at Gardner's Basin, North end of Atlantic City and go to the bay side (located at 800 N. New Hampshire Ave)(next to Flying Cloud Restaurant).
- August 20th **Riverside Park Tune Up 1.5K Swim** held in NYC ... www.nycswim.org
- August 26th **Little Red Lighthouse 5 Mile Swim, New York City, NY** www.nycswim.org
- August 26th **2.6 Mile Bay Swim**, Somers Point, NJ. Contact: Polly Thieler, 218 Virginia Avenue, Egg Harbor Twp, NJ 08234. Call (609-646-8439). (Sat.) **WET SUITS ARE ALLOWED!** Early 1-Mile Race starts at **8:00 a.m.** and the 2.6-Mile Race starts at **10:15 a.m.** - based on tides. Check in at Somers Point in Kennedy Park. Contact gthieler@comcast.net or see the website at <http://thieler.com/Rainbow>
- August 27th **1 Mile Bay Swim, Brigantine Bayfest Swim**, Brigantine Elks Lodge, PO Box 44, Brigantine, NJ 08203. Call (609) 266-9826. 6:00 PM start (Sun.) Located at 3rd & Bay Shore Drive. In water start and finish; hose shower; seafood festival, music, beer, lots of people - one big party.
- Sept. 2nd **1.5 Mile AC Pageant Ocean Swim**, Norm Draper, Atlantic City Beach Patrol, Public Safety Building, 2715 Atlantic Ave, Suite 420, Atlantic City, NJ 08041. **9:45 AM Start** in front of the Showboat Casino on the Boardwalk. Contact (609- 347-5466) or Fax: (609-347-5211). Web site: www.ACSwim.org
- Sept. 9th **2006 USMS 5K Open Water National Championships** held at Lake Michigan in Chicago, IL. Peggy Dempsey, Contact Peggy Dempsey, 5476 N. New England, Chicago, IL 60656 (773-775-5687). Or contact Chris Sheehan (708- 445-1944) or at: chris@bigshoulders.org; website: www.usms.org/longdist/ldnats05/2.5kentry.pdf. Sanctioned by Chicago Masters (MI LMSC).
- Sept. 9th **Provincetown Harbor Swim for Life** - Provincetown, MA Jay Critchley, Swim for Life, PO Box 819, Provincetown, MA 02657 (508-487-1930) email at: thecomcompact@comcast.net. The high-energy fundraiser for AIDS, Women's Health and Youth on the tip of Cape Cod was founded in 1988; Celebration of Life Concert and Mermaid Brunch included in weekend festivities. Website at: www.swim4life.org. Event sanctioned by (NE-LMSC).
- Sept. 9th **Brooklyn Bridge 1K Swim** held in NYC ... www.nycswim.org
- Sept. 16th **Alcatraz Sharkfest 1.5-Mile Swim** held at Alcatraz Island in San Francisco, California. Swim from Alcatraz Island to the Aquatic Park across the bay ... www.envirosports.com/events
- Sept 23rd **1 & 2 Mile Bay Swim - September Splash**, Wildwood Crest, NJ, Sunset Lake, Paul Ave & the Bay (Sat.) at the **Bay View Inn**. 2 Mile Race starts at 9 a.m. and the 1 Mile Race starts at (approximately) 11 a.m. Wetsuits Permitted. Food Festival, Music and Multi-block Craft Show. Contact: call (609) 729-3038 - L & M Computer Sports (www.LMSports.com) 89 Park Drive, Berlin, NJ 08009
- **Sept 23rd **5K, 3K, 1K Ocean Swims**, Ocean City, MD; Call (301-934-3675); 9/20 Cutoff for entries. Team Awards, Noon Start, Race Dir. Ken Zuiderhof. Run with the Sun Festival - and a big end of the summer party in Ocean City, Maryland.

Vacation Notice- If you're going to Waikiki, there are rough water swims held monthly and be sure to contact Ernie Leskovitz (808-396-8866) he's a friend of Barney Hungerford. For practice at the University of Hawaii: call Joe Lileikis (808-395-7433). **Going to Florida**, either late December or early January swim in the 1-Mile Ocean race-ISHOF, One Hall of Fame Drive, Fort Lauderdale, FL 33316, (954) 462-6536, Fax (954) 525-4031 - Deerfield Beach 1-Mile and Boca Raton 1-mile and be sure to contact Steve Griffith, (561) 393-7820 or 393-7842.

Other Web Sites: www.oceanswims.com/; www.nycswim.org; www.DVMasters.org/openWater or www.openswim.co.za/

D'Chum Delia

CONGRATULATIONS TO THE FOLLOWING DVM SWIMMERS WHO ACHIEVED TOP TEN FOR THE 2005 LCM SEASON

Women 18-24

Place	Event	Name	Age	Club	Time
10	50 Free	Sara Cierski	24	UNAT	30.59
1	100 Free	Mollie K Grover	24	BCAT	1:01.52
9	100 Free	Sara Cierski	24	UNAT	1:07.09
1	200 Free	Mollie K Grover	24	BCAT	2:13.29
2	50 Back	Mollie K Grover	24	BCAT	33.89
8	50 Back	Jill Murphy	21	FINS	37.10
3	100 Back	Mollie K Grover	24	BCAT	1:11.99
1	200 Back	Mollie K Grover	24	BCAT	2:33.11
3	100 Breast	Kate M Donald	23	PAFC	1:24.15
2	200 Breast	Kate M Donald	23	PAFC	3:01.02
4	50 Fly	Sara Cierski	24	UNAT	33.11
3	200 Fly	Kate M Donald	23	PAFC	2:55.79
7	200 IM	Kate M Donald	23	PAFC	2:42.16
3	400 IM	Kate M Donald	23	PAFC	5:45.80

Women 25-29

8	50 Free	Kelly J Murphy	26	YBRC	29.72
9	100 Free	Denise M Morales	25	PAFC	1:04.65
6	200 Free	Denise M Morales	25	PAFC	2:21.39
4	50 Back	Kelly J Murphy	26	YBRC	34.46
7	100 Back	Kelly J Murphy	26	YBRC	1:17.34
6	100 Breast	Aliki Bonarou	25	FINS	1:26.17
7	200 Breast	Aliki Bonarou	25	FINS	3:05.28
6	50 Fly	Kelly J Murphy	26	YBRC	31.95
9	200 Fly	Michelle A Pizzo	25	1776	3:07.29

Women 30-34

7	50 Back	Kirsten E Kenyon	30	YBRC	35.49
5	100 Back	Kirsten E Kenyon	30	YBRC	1:17.62
6	200 Back	Kirsten E Kenyon	30	YBRC	2:49.63

Women 35-39

10	200 Fly	Caroline F Stein	35	PAFC	3:18.49
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Women 40-44

7	400 Free	Laurie Hug	40	1776	5:06.79
8	400 Free	Vibeke Swanson	44	1776	5:07.89
8	50 Back	Vibeke Swanson	44	1776	36.49
6	100 Back	Vibeke Swanson	44	1776	1:16.59
4	200 Back	Vibeke Swanson	44	1776	2:44.49
4	200 IM	Vibeke Swanson	44	1776	2:42.49
7	400 IM	Joan Buehler	42	FINS	6:14.39

Women 50-54

2	50 Free	Janet H Bright	50	1776	30.38
10	200 Free	Dot Munger	54	1776	2:41.59
5	50 Back	Janet H Bright	50	1776	37.52
2	50 Breast	Janet H Bright	50	1776	39.97
1	100 Breast	Janet H Bright	50	1776	1:29.65
7	100 Breast	Dot Munger	54	1776	1:37.19
1	200 Breast	Janet H Bright	50	1776	3:17.56
4	200 IM	Janet H Bright	50	1776	2:58.41

Women 55-59

10	100 Back	Steph Walsh-Beilman	56	1776	1:37.39
7	100 Breast	Steph Walsh-Beilman	56	1776	1:43.69

Women 70-74

7	50 Free	Janet Moeller	71	1776	46.85
7	50 Back	Janet Moeller	71	1776	58.08
6	50 Breast	Janet Moeller	71	1776	58.64
9	50 Breast	Joan B Waldbaum	74	1776	1:03.59
7	100 Breast	Janet Moeller	71	1776	2:13.10
9	100 Breast	Joan B Waldbaum	74	1776	2:21.39
7	200 Breast	Joan B Waldbaum	74	1776	5:15.59
9	50 Fly	Janet Moeller	71	1776	58.97
3	100 Fly	Janet Moeller	71	1776	2:19.79
1	200 Fly	Janet Moeller	71	1776	5:26.69

Women 80-84

9	100 Back	Agnes E Zydinsky	83	1776	2:49.49
7	200 Back	Agnes E Zydinsky	83	1776	5:49.69

Men 25-29

1	200 Free	Brian M Furlong	28	PAFC	2:00.97
1	400 Free	Brian M Furlong	28	PAFC	4:22.80
8	50 Breast	Nicholas K Mahler	28	YBRC	33.47
8	100 Breast	Nicholas K Mahler	28	YBRC	1:15.18
2	200 Fly	Brian M Furlong	28	PAFC	2:14.80
1	200 IM	Brian M Furlong	28	PAFC	2:15.70
1	400 IM	Brian M Furlong	28	PAFC	4:47.86

Men 40-44

9	1500 Free	Jeff M Reilly	44	1776	19:11.70
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Men 50-54

4	50 Free	Paul T Trevisan	54	1776	25.65
9	50 Free	Jay Stewart	50	UNAT	26.26
10	400 Free	Jack R Martin	54	1776	4:53.62
7	800 Free	Jack R Martin	54	1776	9:59.32
9	800 Free	James Ryan	53	1776	10:12.78
8	1500 Free	James Ryan	53	1776	19:39.46
9	1500 Free	Jack R Martin	54	1776	19:42.84

Men 65-69

7	50 Free	David P Harrison	68	1776	32.89
3	100 Free	David P Harrison	68	1776	1:12.07
1	200 Free	David P Harrison	68	1776	2:32.23
1	400 Free	David P Harrison	68	1776	5:26.75
1	800 Free	David P Harrison	68	1776	11:30.89
8	800 Free	Jack Kirlin	67	1776	14:10.65

Men 75-79

5	400 Free	Roger Franks	78	1776	7:38.99
4	200 Back	Roger Franks	78	1776	3:58.09

Men 80-84

7	100 Back	Norman D Garsoe	82	1776	2:27.29
6	200 Back	Norman D Garsoe	82	1776	4:59.09
6	200 Breast	Norman D Garsoe	82	1776	5:22.99

RELAYS:

Men 100-119 LCM

- 7 200 Medley YBRC
- 4 400 Free YBRC

- 2:03.50 Brian C Burns (32), Nicholas K Mahler (28), Kyle T Atwell (29), Ryan J Shaw (29)
- 4:05.84 Kyle T Atwell (29), Nicholas K Mahler (28), Brian C Burns (32), Ryan J Shaw (29)

Women 120-159 LCM

- 2 200 Free FINS
- 4 200 Medley FINS

- 2:04.26 Aliko Bonarou (25), Elke Hofmann (32), Joan Buehler (42), Jill Murphy (21)
- 2:23.49 Jill Murphy (21), Aliko Bonarou (25), Joan Buehler (42), Elke Hofmann (32)

Mixed 72-99 LCM

- 4 200 Free PAFC
- 2 200 Medley PAFC

- 1:53.34 Brian M Furlong (28), Francois P Springuel (23), Denise M Morales (25), Kate M Donald (23)
- 2:10.35 Denise M Morales (25), Kate M Donald (23), Brian M Furlong (28), Francois P Springuel (23)

Mixed 100-119 LCM

- 4 200 Free YBRC
- 1 400 Medley YBRC

- 1:54.16 Kelly J Murphy (26), Kirsten E Kenyon (30), Nicholas K Mahler (28), Brian C Burns (32)
- 4:56.06 Kirsten E Kenyon (30), Nicholas K Mahler (28), Brian C Burns (32), Kelly J Murphy (26)

Mixed 120-159 LCM

- 7 400 Free FINS

- 4:38.62 John Roman (49), Aliko Bonarou (25), Jill Murphy (21), Blake Marshall (46)

APOLOGIES TO THE FOLLOWING DVM'RS WHO ACHIEVED 2003 FINA LCM RANKINGS:

CRAIG STEVENS 50-54

- 200 FR (5)
- 400 FR (4)
- 800 FR (3)
- 1500 FR (2)

BARNEY HUNGERFORD

- 1500 FR (7)

EDITOR'S NOTE: IF YOU WERE LEFT OFF THE LIST IN THE FALL 2005 LANE LINE AND THIS UPDATE FOR FINA 2003 RANKINGS, PLEASE LET ME KNOW AND I WILL UPDATE FOR THE SPRING ISSUE. IT IS REALLY HARD FOR ME TO FIND ALL OF YOU. THE LIST IS IN VERY TINY PRINT AND GIVES ONLY THE COUNTRY OF EACH PERSON. ALSO, I DO NOT KNOW EVERYONE WHO IS A DV MASTER! I NEED YOUR HELP TO BRAG ABOUT YOUR ACHIEVEMENTS!

CONGRATULATIONS TO LAURIE HUG FOR EARNING 2005 USMS LD ALL AMERICAN STATUS. THIS MEANS SHE WAS FIRST IN HER AGE GROUP IN AT LEAST ONE NATIONAL LD CHAMPIONSHIP!

Announcing a FREE seminar:

RUNNING: THE MOST COMMON PROBLEMS AND HOW TO AVOID THEM!

Tuesday, March 28, 6 - 8 PM at the Villanova Location of Excel Physical Therapy, 734 East Lancaster Avenue, just off the blue route on route 30. Please RSVP 610-964-1700. Refreshments will be served!

ENTRY FORMS HAVE BEEN POSTED ON THE USMS WEB SITE FOR ALL THE 2005 LONG DISTANCE EVENTS.

Last year I alerted you to a new magazine: GEEZERJOCK: THE MASTERS SPORTS & FITNESS MAGAZINE. It covers all Masters Sports and the reporting is current and interesting. The magazine is currently FREE. However, if you wait until March 31, there will be a charge to receive the magazine. **CURRENT SUBSCRIBERS WILL CONTINUE TO RECEIVE THE MAGAZINE FOR FREE.**

I urge you to give it a try. I like it! Go to www.geezerjock.com to sign up. They also have some interesting articles and information on the web page itself.

CURRENT TOP TIMES:

A new feature on the USMS website is the place where you can find out the Top Times for each event in each age group so far this season. It is similar to the data base that USS and NCAA have. Follow these links to find out the Top Times for your events in your age group: USMS.org --> Competition --> Current Top Times --> type in the information you want and VOILA!

CAUTION: This is **NOT** the USMS TOP TEN list. That is compiled at the end of each season (SCY, SCM, LCM). Also, it only works for meet results submitted *on line*. The list also does not distinguish between USMS and non USMS swimmers.

DIRECT ACCESS TO PHYSICAL THERAPY:

Pennsylvania has joined the long list of states which now allow patients to be evaluated and treated by specially certified physical therapists "directly" without the need for a referral from a physician for a period of up to 30 days. Examples of situations appropriate for direct access care might be a person with persistent shoulder pain that is not responding to rest, a person with a sprained ankle who wants to play in an upcoming athletic event, or a person with low back pain that started after a four hour car ride.

Direct access can offer several benefits to patients. It provides more timely access to physical therapists to begin the evaluation and treatment process. As a result of this efficient start to rehabilitation, direct access can help control the amount of money spent by patients taking care of an injury. In addition, a physical therapist can assist patients in identifying physicians who would be most effective in providing further medical intervention when necessary.

Since direct access certifications must be displayed at the facility, you can easily verify that your physical therapist has the required background and expertise. Not all insurance companies will pay for Direct Access, so be sure to check before you make your appointment. (Information thanks to Katherine Ballinger, Excel Physical Therapy)

FROM THE USMS ARTICLES ARCHIVES: OCTOBER 1, 2005

POOL LANE ETIQUETTE

BY SAMANTHA GRANT

Grant, of Davis Aquatic Masters in Davis, California enjoys competitive open water distance swimming and has been swimming for the last ten years. (October 1, 2005)

After paying dues, and receiving that nation-wide passport known as the USMS card, immigrants to the People's Republic of Swimming must realize that they have entered a new culture, with its own language and nuanced rules of etiquette. Unfortunately these rules are largely undocumented, and the immigrant may be breaking them left and right, whilst completely unaware.

To avoid making enemies of your fifth generation fellow swimmers, a few words to the wise for the practice or lap swim novice:

First, if there is an empty lane in the pool, take that one. Don't join a swimmer in some other lane because you don't "like" the lane that is free (eg: the lane against the wall). It creeps out and annoys other swimmers when there is an open lane that you didn't take. This is the equivalent of sitting down next to the only other passenger on an otherwise empty bus.

Second, before you get into a pool with plenty of swimmers, try to figure out who is roughly your pace. You need not time their 50s to compare with yours, but if you are a novice swimmer, try and swim with another person who appears to be a novice as well. Signs to look for: they stop to rest at both ends of the pool; they aren't paying attention to the clock; if female they are wearing a bikini, if male they are wearing knee-length board shorts.

Third, if you join a lane already containing one other person who is lap swimming, it is polite and appropriate for you to wait until they stop on your end, and ask if you can split the lane with them. Let that person choose which side they prefer, and make every effort to stay on your side. In the event that a third person joins your lane, the two in the water should begin circle swimming counter-clockwise immediately.

Fourth, (and this is applicable to many advanced swimmers) if you are circle swimming with other people in your lane pay attention to where you push off the wall when you flip-turn. Envision yourself swimming down the right side of the lane, with another swimmer five seconds in front of you. If that person swims straight into the wall and flips such that her feet push off the right side of that big black cross, she will have to cut a very sharp angle to gracefully end up on the other side of the lane. She will narrowly miss crashing into you with each turn. If, conversely, she angles left into the wall, and pushes off to the left of the black cross, she can then streamline

straight off the wall and is automatically on the correct side for the return lap. No near crashes. No need for you to give her ten seconds of lead time.

Fifth, if you are slower than anyone else in your lane, you must always yield to them. Never ever begin your lap as they are approaching your wall for a flip turn. Let them go first. If you notice that they are normally doing freestyle but end up stuck behind you and start doing breaststroke to slow down, you need to let them pass at the next turn. Consider a move to a lane containing people your own speed. Remember that for many people this is their gym and you've just turned their stair-master down from a level 12 to a level 3.

Sixth, when you need a rest break, don't stand at the end of the pool in the middle of the lane. Other swimmers need to use the wall for flip turns. To take a break, swim into the wall on the right side, and stay as close to the lane line as possible.

Seventh, if you are doing a set with a group of more than three people, pay attention to the person behind you. With three people, each person can touch the wall at the end of the set and look up to see his or her time. With four people, the third swimmer needs to move away from the wall so that the fourth person can touch the wall at the end. Usually the way this works is at the end of a set the first person touches in on the far left side of the lane. The second person touches in the center, and remains there. The third person touches to the far right, and then immediately moves to the center of the lane, no longer adjacent to the wall, so that he is pool-side of the second person. Now the fourth person can touch in on the far right. This seems complicated, but I've swum with upwards of 10 people in a lane, and it works if everyone plays along. With more than four swimmers, each additional person needs to move to the center of the lane after they touch in on the right.

Eighth, by all means don't "borrow" your lane mate's fins/kickboard/pullbuoy without asking.

With any luck, by following these rules a new swimmer can become a happy and productive member of our aquatic society. After all, we would hate to have to deport you back to the Nation of Jogging.

2006 DVM AWARDS BANQUET JUNE 17, 2006
ORGANIZED BY SARA CIERSKI (SCIERSKI@picpa.org)

Come enjoy an evening with your fellow teammates and congratulate the top performers of the year!
6 PM Cocktail Reception
7 PM Dinner and Awards

Tickets are on sale now for \$45 per person. Please complete the invitation below with your payment no later than June 1st. Friends and Family are all welcome to attend! Call or e-mail Sara if you have questions: 215-496-9272 (work).

You don't want to miss the event everyone will be talking about the next morning at the **Merryman Meet** in Berwyn, PA. Check out meet details at <http://www.dvmasters.org/>.

p.s. Send in your favorite pictures to the email address above or mail them with your payment for the Banquet Slideshow. If you send prints, Sara will scan them digitally and return them to you the night of the Banquet.

CLIP AND MAIL BY JUNE 1, 2006

2006 DVM AWARDS BANQUET
SATURDAY, JUNE 17, 2006
CROWNE PLAZA, KING OF PRUSSIA

NAME(S): _____

PHONE: _____

ADDRESS: _____

NUMBER OF TICKETS: _____ X \$45.00 = \$_____ (TOTAL)

MAKE CHECK PAYABLE TO DVLMSC AND MAIL WITH FORM TO:
SARA CIERSKI
7950 HENRY AVENUE, APT 3C
PHILADELPHIA, PA 19128

DINNER INCLUDES: HORS D'OEUVRES, DINNER, AND AWARDS. CASH BAR.

POOL MEET SCHEDULE:

MARCH 12 SUBURBAN SWIM CLUB

MARCH 26 VALLEY FORGE MASTERS @ VILLANOVA UNIVERSITY

APRIL 9 BURLINGTON COUNTY COMMUNITY COLLEGE

APRIL 21-23 COLONIES ZONES SCY @ GEORGE MASON UNIVERSITY

MAY 11-14 USMS SCY NATIONALS @ CORAL SPRINGS AQUATIC COMPLEX

MAY 18-21 YMCA NATIONAL CHAMPIONSHIPS @ FORT LAUDERDALE

JUNE 18 JEANNE AND JOHN MERRYMAN (LCM) @ UPPER MAIN LINE YMCA

AUGUST 4-11 FINA XI WORLD CHAMPIONSHIPS @ STANFORD UNIVERSITY

INFORMATION FOR ALL THESE MEETS IS POSTED ON WEBSITE:

DVMasters.org



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